The COCONUT Cookbook

by Pura Villanueva-Kalaw

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THE
COCONUT COOKBOOK

By

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"Ang Paglulutong Filipino,"
Etc., Etc.)

MARCH, 1941

FOREWORD

The present need of reviving the coconut industry has made me think of a way by which the women of the country may help. Thus, these recipes on coconut were gathered from all over the Philippines. I present them herein for the use of our women and for the benefit of our nation.

Coconut is rich in fat, vitamins, and other valuable nutritive elements. Its daily use in our food will greatly benefit the health of our people and make of us a strong and sturdy race. Western nations pay millions of pesos for the use of our coconut products in their food whereas we who have them at hand do not avail ourselves of their value. Our children, while still young, should be educated to eat and like coconut just as American mothers have educated their children to eat apple and spinach. They should be taught the use of coconut and its by-products.

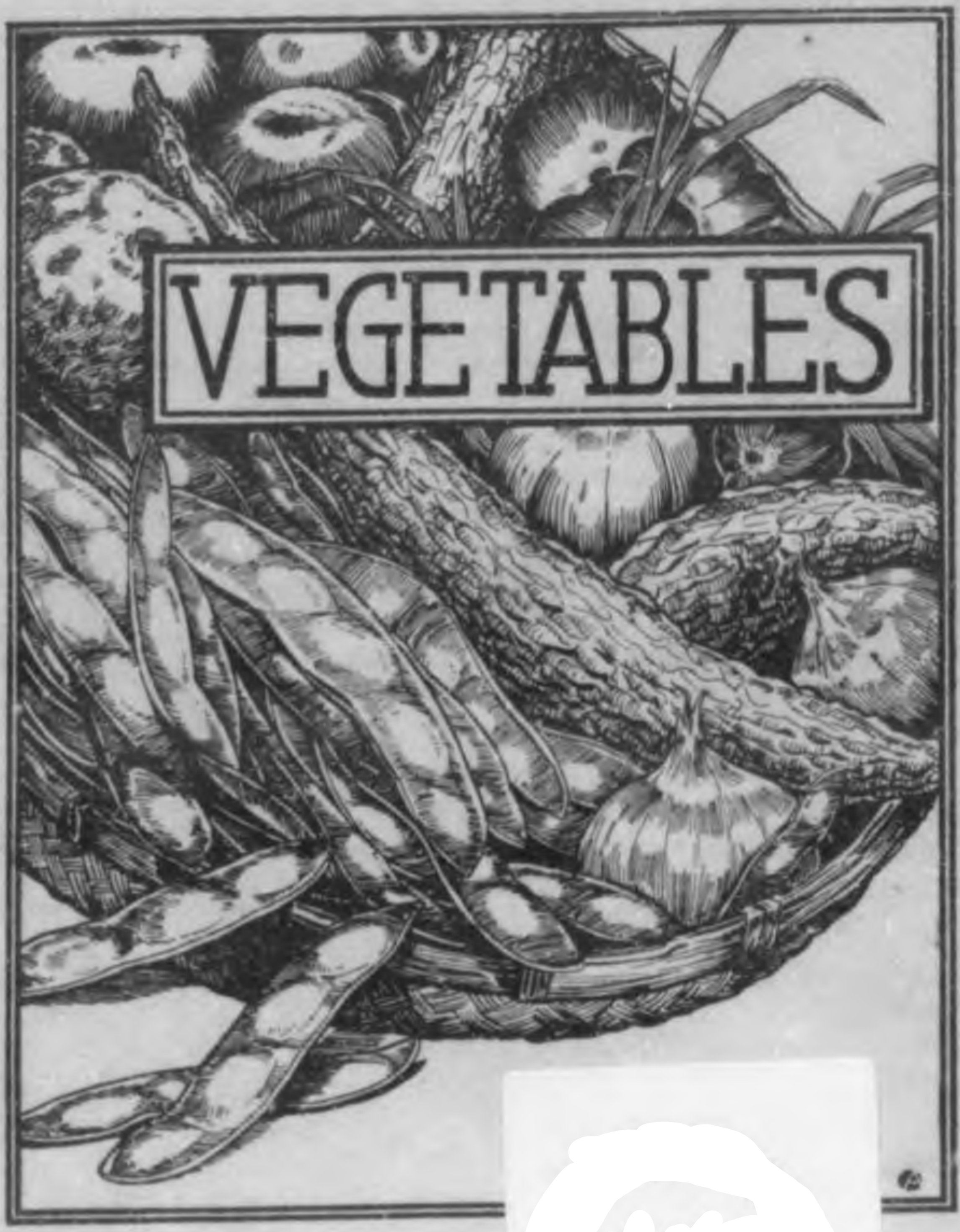
Doctor Child of the "Ceylon Research Schemes" says Ceylon imports little fat because the consumption of some 150 coconuts per head a year provides the biologically necessary amount of fat.

Coconut is among the lowest priced food available for the improvement of the Filipino diet. It is abundant everywhere in the Philippines. The poorest family can afford the one centavo to pay for a coconut fruit almost sufficient for its need for fat and vitamins. In this pamphlet, I desire to reach every housewife, so that, with these recipes in their hands, they may foster the use and consumption of the coconut product in their home and thus help the Philippines stabilize itself economically.

ACKNOWLEDGMENTS

Acknowledgments are due to many friends who have made this work possible. I wish to make a special mention of Miss Maria Y. Orosa for giving me the recipes on coconut of the Bureau of Plant Industry; Miss Helen Benitez for recipes of the Philippine Women's University; Dña. Rosa Sevilla Alvero for recipes of the Instituto de Mujeres; Mrs. Alicia Palma Bautista for recipes of the Far Eastern University; Mrs. Bienvenido M. Gonzalez for recipes of Makiling Women's Club; Mrs. Macrina Leuterio Ilustre and Mrs. Paz Mendoza Mascuñana.

All the recipes in this cookbook have been tested and approved by Mrs. Purita Kalaw Ledesma, B.S.E., major in Home Economics, University of the Philippines, graduate Lauriat Cooking School and alumna of the University of Michigan.


VEGETABLES

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BUKO SOUP

1 cup buko, cut in small squares
2 cups chicken broth
¾ teaspoon salt
2 segment garlic
1 tablespoon Purico

Saute garlic and remove when brown. Add chicken broth, then add buko and season with salt. Serve with chopped hard boiled eggs if desired.

BUKO AND STRING BEANS SOUP

1 cup buko, cut in small pieces
1 cup coconut milk
2 cups beef stock
1 tablespoon fat
1 small segment garlic, pounded
½ string beans, cut finely
1 teaspoon salt
Pepper to taste

Fry garlic and remove when brown. Add stock and when boiling, add string beans and cook until tender. Drop buko and boil 2 minutes. Add coconut milk, bring to a boil, and immediately remove from fire. Season with salt and pepper. Serve hot.

BUKO OMELET

1 cup buko, grated
¼ cup boiled shrimps, chopped
2 eggs, stiffly beaten
3 tablespoons lard
2 tablespoons cornstarch
Salt and pepper to taste

Mix buko, shrimps, salt, pepper, and cornstarch. Add well beaten eggs. Pour mixture in a hot frying pan containing hot lard, spreading the mixture in the pan evenly. Cook until light brown. Turn over to brown the other side. Cut in squares and serve with tomato catsup.

BUKO MOONLIGHT

1 cup buko, cut in small pieces
3 tablespoons boiled shrimps, sliced in pieces
2 eggs, beaten
Celery leaves for garnishing
2 tablespoons flour
3 tablespoons thick shrimp stock
Salt to taste
Fry for eating

Mix flour and shrimp stock; add shrimps, buko, and salt. Fold in beaten eggs. Drop by tablespoonfuls in hot fat and fry until brown. Garnish with celery leaves. Serve hot.

BUKO-AMPALAYA DISH

1 cup buko, cut in pieces
1 cup ampalaya, worked in salt and washed thoroughly
2 tablespoons shrimps, cut to pieces
2 tablespoons pork, cut in pieces
½ cup shrimp stock
2 tablespoons lard
1 segment garlic
¼ onion, sliced fine
Salt to taste
1 tablespoon "bagoong"

Saute garlic, onion, shrimps, pork, and "bagoong." Add stock and boil; add ampalaya and stir to mix. Cook until tender. Season with salt. Add buko and cook two minutes longer.

BUKO CHOPSUEY

1 cup buko, cut in squares
¼ cup coconut milk
½ cup cabbage, cut in squares
½ cup green papaya, sliced
2 tablespoons shrimps, cut in pieces
2 tablespoons par-boiled pork cut in pieces
¼ onion, sliced
1 segment garlic, pounded
2 tablespoons lard
1 teaspoon salt
1 teaspoon toyo
2 tablespoons kinchay
½ cup shrimp stock
1 tablespoon cornstarch
A dash of white pepper

Saute garlic, onion, shrimp, and pork. Add shrimp stock and stir. Add cabbage and papaya. Cook until tender. Add buko, the coconut milk; season with salt, pepper, and "toyo". Chicken sauce with cornstarch and allow to boil two minutes. Add "kinchay" just before removing from fire.

BUKO WITH BAGOONG

1 cup buko, cut in pieces
½ cup coconut milk
2 tablespoons coconut oil, or lard
2 tablespoons "bagoong"
½ cup string beans, sliced in pieces
Salt and pepper to taste
1 segment garlic, pounded
¼ onion, sliced
1 tablespoon pork, cut in small pieces
¼ cup pork stock

Saute garlic, onion, pork, and "bagoong"; continue sauteing until pork is brown. Add stock and boil. Add string beans and cook until tender. Add buko, coconut milk, and boil. Season with salt and pepper and remove from fire. Serve hot.

BUKO PANSIT

2 cups buko, cut in long strips
½ cup cabbage, cut in strips
3 tablespoons shrimps, sliced
3 tablespoons pork, par-boiled and sliced
1 segment garlic, pounded
¼ onion, sliced
1 teaspoon toyo
Salt and pepper to taste
3 calamansi cut in halves, crosswise
¼ cup shrimp stock

Saute garlic, onion, shrimps, and pork; add shrimp stock and boil. Add cabbage and continue cooking until tender. Season with toyo, salt and pepper. Add buko and mix well. Serve with calamansi in halves.

BUKO SALAD

3 cups buko (malakanin) grated with "makapuno"
½ cup boiled chicken, flaked
½ cup sweet pickles, cut in strips
1 cup mayonnoise
1 cup pineapple, cut in strips and drained well. (If the pineapple is sour, boil in 1 to 1 syrup 5 minutes, cool and drain.)

Mix all ingredients and chill. Garnish and serve.

MAYONNAISE

½ teaspoon mustard
1 teaspoon sugar
1 teaspoon salt
2 tablespoons calamansi juice or vinegar
1 egg yolk
3 tablespoons diluted Purico

Mix dry ingredients, add egg yolk and beat well. Add 1 teaspoon calamansi juice or vinegar. Add oil in very small quantities, beating constantly while adding. Continue adding oil slowly until it is all used. Add the remaining calamansi juice or vinegar, beating vigorously while adding.

MONGO WITH COCONUT MILK

1 banana blossom
1 cup pure coconut
2 cups mongo

Boil the mongo in four cups of water until soft. Add finely chopped banana blossom. (The banana blossom must be well washed with salt to remove all the sap.) Add the coconut milk five minutes before removing the mongo from the fire.

COCONUT MACARONI

5 young coconuts, grated
¼ cup grated cheese
¼ lb. Purico or lard
8 fresh tomatoes
Salt and pepper
¼ cup water or broth

Soak grated coconut in cold water to prevent it from coloring. Heat the butter, rather Purico, in a pan. Add the grated coconuts. Add the rest of the ingredients except the cheese. Let boil for about ten minutes in an aluminum pan to avoid discoloration. Place in an appropriate dish, alternating the coconut with the cheese. Have the cheese on top. Serve hot.

GULAY

2 large ampalayas
20 pods of sitaw
½ onion, sliced
3 cups diluted coconut
3 tablespoons shrimp "bagoong" or alamang
20 pods of bataw
10 siguidillas
½ clove garlic
2 cups pure coconut milk

Dice the ampalayas and squeeze dry with 3 tablespoons salt to remove its bitterness. Slice the bataw, sitaw, and siguidillas. Stir the bagoong into the diluted coconut milk to season it. Add the vegetables. Put over a slow fire and cook, stirring constantly. When the mixture begins to boil, add the pure coconut milk. Remove from the fire when the vegetables are tender and the coconut milk begins to appear oily.

DRIED SALTED FISH AND NANCA (JACKFRUIT)

½ unripe nanca fruit
2 cups coconut milk, diluted
1 cup pure coconut milk
1 dried salted fish
2 tablespoons bagoong alamang

Pare the nanca and cut into small pieces. Cook in the diluted coconut milk, using the bagoong for seasoning. Add the dry fish and cook until done. Before removing from the fire, add the pure coconut milk, and let it boil again.

TALINUM IN COCONUT MILK

(Tested: Bureau of Science)

2 cups talinum
1 cup pure coconut milk
15 shrimps
¾ teaspoon salt
¼ cup sweet pepper
¼ cup dried "alamang"
1 teaspoon garlic
½ teaspoon ginger

Slice garlic, ginger, and pepper thin. Boil all the ingredients (except the talinum) in the coconut milk. Add the talinum last and cook two minutes longer.

SUCCOTASH

2 cups raw young corn
2 cups shelled beans
2 cups boiling salted water
1 cup hot coconut milk
1 tablespoon pork fat
Salt and pepper

Boil the corn and beans until tender; drain and add 1 cup of hot coconut milk. Cook 10 minutes; stir in pork fat; season with salt and pepper.

COCONUT CROQUETTES

⅓ cup coconut
2 cups mashed potatoes
2 eggs
Salt and pepper
1 small bunch of green onions
⅓ cup ground pork
Breadcrumbs

To the mashed potatoes, add the finely chopped green onions, salt, and pepper to taste. Add the beaten ggs and grated coconut. Fry the ground pork. Season with salt and pepper. Place about one teaspoon of the pork inside a small ball of mashed potatoes. Roll the balls or croquettes in breadcrumbs, then in the eggs, and again in crumbs. Fry in deep, hot fat.

GABI LEAVES IN COCONUT MILK

20 gabi leaves (for wrapping)
½ cup shrimps
1 tablespoon bagoong alamang
8 gabi leaves, minced
2 cups pure coconut milk
¼ kilo lean pork
1 inch ginger
3 grains black pepper
3 cups diluted coconut
Tanglad leaves

Cut the meat and shrimps into small pieces. Chop the ginger and pound the pepper. Mix thoroughly the pork, shrimps, bagoong, ginger, minced gabi leaves, and pepper. Add to this mixture 1 cup pure coconut milk for moistening. Wrap the mixture in gabi leaves, using 2 for each bundle, and tie with a piece of thread. Line a clay pot with tanglad leaves and arrange the bundles neatly inside. Pour in the diluted coconut milk and cook over a slow fire for 20 minutes. Add the remaining 1 cup of pure coconut milk and allow to cool five minutes more. Serve hot or cold.

LUMPIA OF COCONUT

2 grated young coconuts
½ of a cabbage, sliced fine
⅔ cups sliced pork
10 shrimps, sliced
Salt to taste
Lumpia covers
½ onion, finely sliced
½ mongo sprouts, cooked
1 teaspoon sugar

Saute onions, garlic, pork, shrimps, cabbage, coconut, and mongo sprouts. Add 1 cup of water and salt to taste. When done, wrap in lumpia covers garnished with lettuce. Serve with sour sweet sauce.

GUAVA GULAY WITH COCONUT (*Tested: P.F.K.*)

2 cloves bruised garlic
25 ripe guavas, pared and sliced thin
2 cups coconut milk
¼ teaspoon salt
Enough sugar to taste

Saute the garlic, add the guava, then the sugar. Stir constantly. When tender add the coconut milk. Boil a while, then remove from the fire. Serve.

PANGAT WITH DRIED FISH

5 stems and leaves of gabi or dagmay
1 piece ginger
2 pieces red hot pepper
3 tablespoons bagoong
2 cups pure coconut milk
3 cups diluted coconut milk
1 large dried fish

Cut the stems and leaves of gabi or dagmay and dry them in the sun until the leaves are withered and the stems are shrunk. Boil the bagoong, ginger, salt, and crushed red pepper to the diluted coconut milk and strain. Arrange alternate layers of gabi and dried fish (talakitok or apahap preferably) in a sauce pan then pour over the strained diluted coconut milk. Bring to a boil, then lower the flame and allow to simmer until cooked. (Do not stir until done or else the pañgat will have an itchy taste). Add the pure coconut milk last and simmer for 5 minutes more.

BAMBOO SHOOT WITH COCONUT MILK

2 cups grated bamboo shoot
¼ cup shrimps
2 sections garlic
2 cups pure coconut milk
1⅔ cups pork (cut into small pieces)
1 tablespoon "bagoong"
2 tablespoons Purico

Saute the garlic, add the onion and "bagoong". Put in the pork and shrimps, and cook in a slow fire. Pour in the shrimps juice and simmer for about ten minutes. Add the grated bamboo shoot which has been previously parboiled. When nearly done, add coconut milk to flavour.

BANANA BLOSSOM WITH COCONUT MILK

1 banana blossom
2 tablespoons vinegar
1 onion
1 tablespoon Purico
1 cup pure coconut milk
2 ripe tomatoes
2 pieces garlic

Boil in water the banana blossom. Chop into fine pieces the tender part, wash and squeeze till dry. Fry garlic in pan, add tomatoes, onions, and then the blossom and vinegar. Add coconut milk and boil for two minutes more.

COCONUT BUTTER

6 cups cocconut milk
Salt
Yellow coloring

Let the coconut stand over night for 12 hours. Remove the thick cream on top and put it in a sealed jar. Shake the jar vigorously until the liquid or whey is separated from the butter. Season with salt to taste and color red or yellow.

MOCK SPAGHETTI

1 cup of uniformly grated young coconut
½ cup tomato catsup
⅛ cup grated cheese

Line a deep baking pan with the coconut grated like spaghetti. Pour catsup over and sprinkle grated cheese on top. Bake.

COCONUT HEART

2 cups coconut heart cut in strips
2 tomatoes
2 cups rice water

Cook all the ingredients together for 30 minutes stirring constantly. Serve hot.

DRIED BEANS WITH DAMAY (Gabi)

1 cup beans
1 cup coconut milk
2 cups cold water
3 dagmay roots
Salt

Soak the beans overnight. Bunch them next morning. Boil until tender. Add the dagmay; and boil until the dagmay is soft. Add the coconut milk; simmer for 5 minutes. Salt or "bagoong" to taste.

APAY

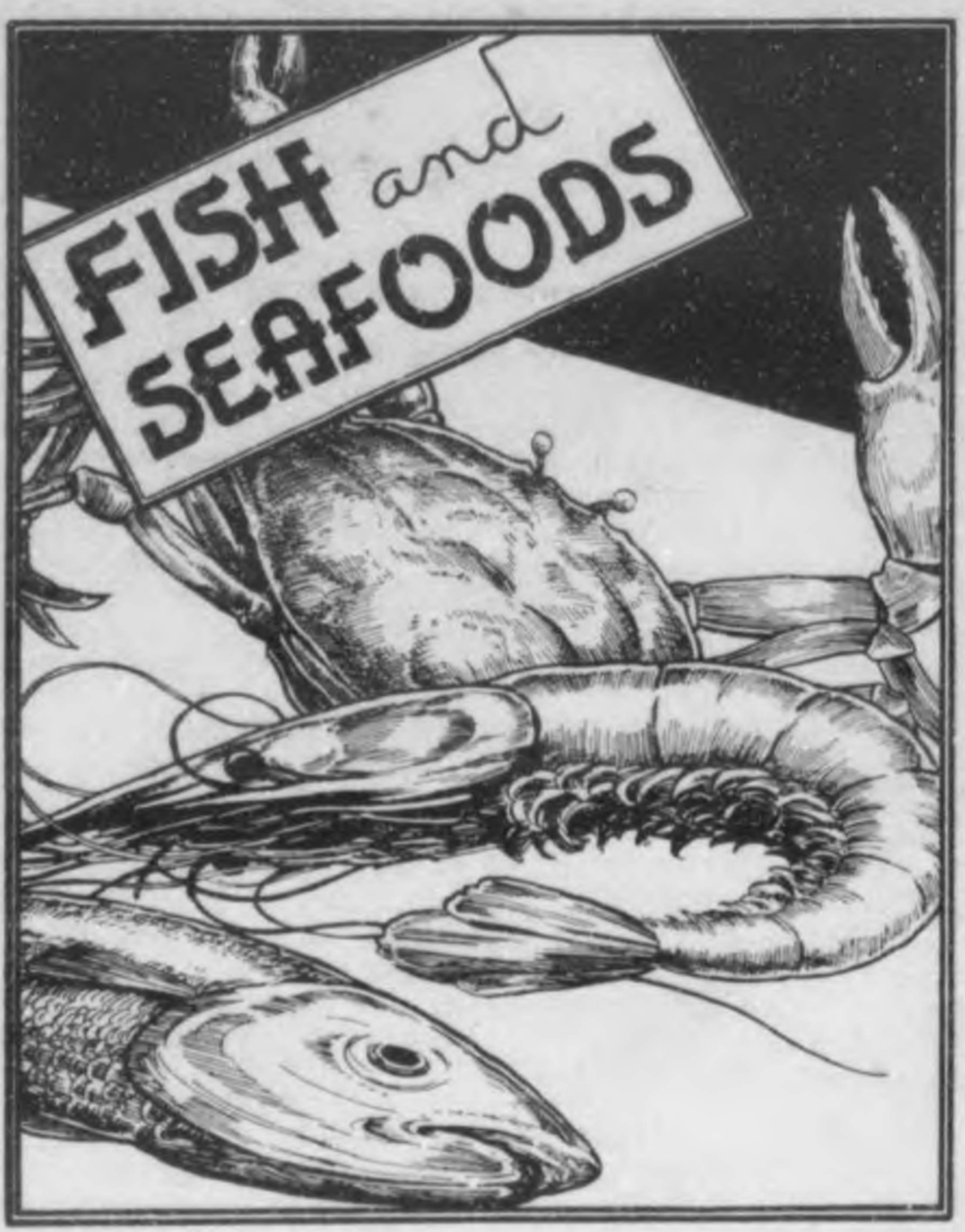
6 gabi stalks
1 cup sliced gabi fruit
3 sliced ripe tomatoes
1 onion sliced
2 cups coconut milk
Salt and pepper

Remove the outer skin of the gabi stalks; cut in pieces 4 or 5 centimeters long; put the gabi fruit, tomatoes, and onions in a pan; cover with water; boil until tender. Add the coconut milk, cook 5 minutes, add salt and pepper to taste. Serve hot.

JACKFRUIT SALAD

½ of a jackfruit or 1 calamansi
½ cup pure coconut milk
Salt to taste
Juice of 3 calamansi

Boil the jackfruit or the camansi and slice into small pieces. Add the calamansi juice and the coconut milk. Season to taste. Serve cold.


and
FISH
SEAFOODS

BRAISED FISH CURRY

1 tablespoon chili powder
A piece of ginger
1 lb. fish
2 tablespoons lard
1 tablespoon curry powder
Salt
4 cloves garlic
1 green hot pepper
4 native onions
Vinegar
1 cup pure coconut milk

Sauté the onions, pepper, garlic, ginger, and curry powder. Add the coconut milk, vinegar, and lastly the fish. Cover and cook over a low fire.

FISH SPREAD

1 medium sized bangos, dalagang bukid or navahita
2 cups diluted coconut milk
Juice of 6 calamansi
½ teaspoon salt
¼ cup pure coconut milk
Pinch of nutmeg
2 egg yolks

Boil the fish in the coconut milk to which has been added the calamansi juice, salt, and a pinch of pepper. Flake the fish and mash fine. Add the rest of the ingredients and cook a few minutes, stirring well to avoid the mixture from sticking to the pan. Spread between two slices of bread.

SHRIMPS STUFFED WITH COCONUT

¼ cup shredded coconut
1 egg
A piece of "Unto Sin Sal"
2 tablespoons flour
Lumpia wrappers
24 fair sized shrimps
2 tablespoons starch
3 green onions
½ teaspoon salt
Pepper and salt to taste

Remove the shells of the shrimps but not the tails. Open the backs and fill with a mixture of the shredded coconut, the finely chopped green onions, salt, and pepper to taste. Wrap with "Unto sin sal" and lumpia covers. Dip in a mixture of the well-beaten eggs, starch, and flour. Fry in deep hot fat. Serve hot.

SHRIMP TINOKTOK

½ cup shelled shrimps
2 cups coconut milk
Vinegar
Squash leaves
1 young coconut, shredded fine and chopped
2 teaspoons chopped onions
Salt and pepper to taste

Tanglad

Chop the shrimps finely. Extract the shrimp juice and season with salt and pepper. Mix chopped shredded coconut with the shrimps and onion and ginger. Form into cakes and wrap in the squash leaves. Line a clay pot with tanglad leaves and arrange the cakes neatly inside. Pour in the coconut milk diluted with the shrimp juice and cook over a slow fire for 20 minutes.

FISH LOAF

½ cup flaked fish
1 chopped sweet red pepper
¾ tablespoon salt
½ cup milk
1 cup coconut milk
3 eggs
½ cup bread crumbs
1 tablespoon lemon juice
2 pinches paprica

Boil the fish in the coconut milk. Add the bread crumbs, lemon juice, salt, paprica, sweet pepper, well beaten eggs, and milk. Place in a buttered bread mold and bake thirty minutes in a moderate oven.

UKOY

1 cup grated coconut
15 shrimps
1½ cup shredded squash
1 cup cornstarch
¾ cup shrimp juice
1 teaspoon salt
1 bunch of kinchay

Make a thin paste of the cornstarch and the shrimp juice and season with salt. Put a spoonful each of the grated coconut and the squash in a sauce pan and form into a round mass. Put one shrimp and some kinchay leaves on top. Pour over this mixture 2 tablespoons of the shrimp paste. Fry in deep hot fat and serve with vinegar and salt.

FISH CHOWDER

1 cup flaked fish
2 cups coconut milk
4 tablespoons grated cheese
1 pinch pepper
1 cup boiled rice
3 eggs
1 teaspoon salt
2 teaspoons butter

Boil the fish in 1 cup of coconut milk. Flake and remove all bones. Add the butter. To the well beaten egg yolks, add one cup of coconut milk, boiled rice, flaked fish, grated cheese, salt and pepper. Fold in the stiffly beaten egg whites. Pour the mixture into a buttered mold. Place mold in a pan of hot water and bake in a moderate oven for about thirty minutes.

CRAB WITH COCONUT MILK

4 fresh crabs
1½ cups diluted coconut milk
Salt to taste
½ cup pure coconut milk
¼ cup young pepper leaves

Cut the crabs into halves. Cook in diluted coconut milk. Add the heavy coconut milk and the pepper leaves. Boil for three minutes. Serve hot.

CRAB ADOBO WITH COCONUT MILK

5 crabs
¼ cup vinegar
½ cup water
1 tablespoon lard
1 clove garlic
½ coconut milk

Wash the crabs. Cut into halves. Place the crabs in a carajay with enough water, vinegar, minced garlic, and salt to taste. Cover the carajay and cook the crabs. When the liquid is partly absorbed, add enough lard. Lastly, add rich coconut milk. Cook for a few minutes.

FISH SINIGAN

1 lb. fish
1 piece of ginger (size of a thumb)
3 calamansi
1 cup pure coconut milk
2 stems pepper leaves
1 whole garlic
2 green pepper
2 cups diluted coconut milk
3 tablespoons Purico

Sauté the onions in coconut oil; add the pepper leaves, garlic, fresh pepper, and the fish. Add the diluted milk and simmer until nearly done. Add the calamansi and the pure coconut milk and cook for five minutes more.

CARI PATA DE VACA

1 ox knuckle
1 banana blossom (of seeded banana preferred)
Milk of one coconut
Tripa
Achuete coloring
1 teaspoon salt
3 sections garlic
4 eggplants
String beans
Bagoong

Boil the knuckle and tripa cut into short lengths, in sufficient water until it becomes soft, then remove the bones, and cut the meat into small pieces. Fry the garlic in 3 tablespoons lard and add the meat of the knuckle. When brown, add the coconut milk and the vegetable. Color with achuete. Remove from the fire when the beans become soft. Kari is very delicious when eaten with bagoong cooked with Purico.

CARI-CARI WITH COCONUT MILK

1 ox tail
4 eggplants
1 coconut, grated
1 bundle sitaw
1 heart of banana
1 bundle batao
Young squash stems
6 radishes
¼ liter peanuts
¼ cup achuete seeds
2 teaspoons bagoong
Salt to taste

Cut the ox into small pieces and boil until tender. Cut the sitao into small pieces. Slice the eggplants and the heart of banana. Pare and slice the radishes. String the squash stems. Roast and pound the peanuts. Rub the achuete seeds into a cup of water and use for coloring. Extract the milk from the grated coconut. Add to the ox tail all the ingredients together except the peanuts and the bagoong. Add lastly the peanuts for thickening. When serving, use the bagoong for flavoring.

COCONUT OMELET

½ cup shredded coconut
¼ cup ground pork
1 potato cut into cubes
1 section garlic, finely chopped
3 eggs
1 small onion
Salt
Lard

Fry the garlic and onion in the lard. Add the pork, coconut, potato, salt and pepper to taste. Remove from the fire when cooked. Beat eggs well and make omelet with the first mixture. Serve hot.

CHICKEN ROYALE

1 chicken, disjointed
1½ cups coconut milk
1⅓ cups pineapple slices
Salt and pepper
½ cup grated toasted coconut
¼ cup flour
Cold water

Season the chicken. Add coconut milk, cover, and simmer slowly until tender. Remove skin and bones from the meat. Thicken the broth with flour mixed to a paste in cold water. Cover the bottoms of six individual cups with pineapple slices. Place pieces of chicken over pineapple, pour gravy over all, then sprinkle with grated coconut. Bake in hot oven 400 degrees F. for 20 minutes.

CHICKEN DINUGUAN WITH COCONUT MILK

½ cup chicken blood
2 sections garlic
1 onion, sliced
1 tablespoon lard
¼ cup vinegar
2 cups chicken meat
½ cup coconut milk
Chicken liver and gullet, cut fine

Pour vinegar into the chicken blood as soon as the chicken is killed to avoid its hardening. Sauté garlic and onion until brown. Add the chicken meat and cook ten minutes. Then add the coconut milk. Add the vinegar and the blood and boil for two minutes longer. Salt to taste.

RICE SOUP

½ cup rice
2 yolks of egg
1 liter chicken broth
1 cup coconut milk
Salt and pepper

Wash the rice and cook in the chicken broth until soft. Beat the egg yolks and mix with one cup of coconut milk. Add to the soup, stirring well. Add salt and pepper to taste.

TINUTUNĞAN

1 chicken
2 cups diluted coconut milk
2 red and green peppers
Salt and pepper to taste
½ cup pure coconut milk
2 tender banana trunks (ubod)
4 camotes (yellow variety)
Tanglad and garlic

Cut the chicken into small pieces. Slice the ubod fine and sprinkle with salt. Add the diluted coconut milk to the pounded garlic and tanglad and stir constantly until it boils. Add the chicken and the ubod and cook over a slow fire. Add the sliced camote and peppers. These may be cut into fancy shapes. Add the thick coconut milk and cook five minutes more. Season with pepper and salt. Arrange neatly in the platter and garnish with camote and green and red peppers.

CHICKEN ADOBO WITH COCONUT SAUCE

1 fat chicken cut into pieces
½ kilo pork cut into pieces
1 head garlic, chopped fine
Achuetes for coloring
1 cup water
1 cup pure coconut milk
½ cup vinegar
Salt

Put chicken, pork, garlic, vinegar, water, and salt in a pan and cook till tender. Color with achuetes, then add coconut milk and boil for five minutes longer.

CHICKEN CURRY

1 spring chicken
½ teaspoon curry powder
½ cup pure coconut milk
2 teaspoon Purico
2½ cup diluted coconut milk
1 onion

Disjoint the chicken. Season with salt. Chop the onion finely. Fry the chicken in oleomargarine. Sauté the onion, add the chicken and the thin coconut milk and cook until the chicken is tender. Add the pure coconut milk and curry powder and cook until the sauce is thick.

BRINGE

1 chicken, boiled and cut into strips
½ cup pork, boiled and cut into strips
1 clove of garlic, minced
1½ cup coconut milk
1 tablespoon lard
Salt and pepper to taste
1 cup of shrimps
½ cup of ham, chopped
½ onion, sliced
1 tablespoon curry powder
½ laurel leaf
¾ cup rice

Fry the garlic, add the onions, shrimps, pork and ham. Then the chicken, curry powder, and rice. Add salt and pepper. Add coconut milk and cook in a very slow fire until done.

UBOD CHICKEN SALAD

1 cup diced chicken
1 cup blanched carrots shredded fine
2 cups diced pineapple
2 cups diced ubod or coconut heart
2 cups firm cabbage shredded fine

Lightly mix with mayonnaise. Pile on the escarole leaves, garnish with slices of hard boiled eggs.

LUMPIA WITH COCONUT MILK

2 cups gabi stalks, cut ½ in. long
1 cup pork
1 minced onion
Lumpia wrappers
12 shrimps
½ teaspoon salt
2 cups coconut milk
2 sections chopped garlic
Juice of 8 calamansi

Boil the pork and shrimps on 1½ cups of coconut milk and ½ teaspoon salt. Save the stock and cut the pork and shrimps into fine pieces. Fry garlic and onion, then the shrimps and pork. Add gabi stalks which have been previously peeled, cut, and boiled in three changes of water and then boiled in the coconut milk in which the pork and shrimps were cooked. This is accidified with calamansi juice. Add ½ cup coconut milk and boil ten minutes. Wrap in lumpia wrappers and serve with finely chopped garlic and sweet, sour sauce.

VISAYAN LUMPIA

1 coconut heart
¼ kilo shrimp
½ kilo pork
1 teaspoon sugar
¼ cup tahori
½ cup shrimp juice
Salt to taste
Lard

Boil the shrimps and pork until done. Cut into small pieces and extract the shrimp juice from the shrimp shells. Cut the coconut heart (ubod) into strips. Saute the shrimp and pork, then add the coconut heart and the shrimp juice. Simmer in a slow fire until the coconut heart is tender. Add the sugar and salt and cook a minute longer. Cool. With a little sugar, mash the tahori and saute in hot lard. Wrap the lumpia in lumpia wrappers spreading first the tahori, then the fresh lettuce leaf, and lastly the coconut heart.

DESSERT

COCONUT COOKIES

BUCHE-BUCHE

2 sweet potatoes, mashed
⅓ kilo sugar
1 cup rice flour
4 cups pure coconut milk
⅓ cup water

Mix mashed sweet potatoes, sugar, flour, and water to form a mass. Extract the oil from the coconut milk and use for frying. Drop mixture by spoonfuls in very hot oil. Roll in sugar and serve.

MACAPUNO BIBINGKA

1 cup milk
½ cup macapuno coconut
1 cup rice flour
½ cup flour
½ teaspoon vanilla
2 tablespoons butter
5 egg yolks

Beat eggs well, add the mixed sugar and flour. Add milk. Stir in the macapuno meat and melted butter. Pour the mixture into moulds lined with banana leaves and bake in moderate oven. When half done, brush surface with butter, sprinkle with sugar, and cook till golden brown.

MALAGKIT BIBINGKA

1 cup malagkit rice
1¼ cups brown sugar
½ teaspoon salt
½ teaspoon powdered anis
3 cups diluted coconut milk
⅓ cup pure coconut milk

Beat the thin coconut milk to boiling point, skimming off foam as it rises. Add the rice and cook until tender. Add salt dissolved in a little water and ⅔ of the sugar. Line the clay oven (bibingkahan) with banana leaf. Pour in the cooked rice, and then the rest of the coconut milk over it. Sprinkle sugar over the top and anis over the sugar. Cover the oven and bake about 20 minutes. Serve with grated coconut.

BUKO PASTELITOS

PASTRY:

2 cups flour
½ cup Purico
½ teaspoon baking powder
1 teaspoon salt
¼ cup cold water

Sift ingredients. Cut in shortening and add water little by little. Roll thin on floured board and cut into small squares.

FILLING:

1 cup shredded buko
⅔ cup sugar
1 teaspoon butter
1 egg yolk
1 tablespoon flour

Mix coconut, sugar, and butter and cook until thick; stir while cooking. Add egg yolk and flour and mix thoroughly. Cook for five minutes more and then remove from the fire. When cool, place a small amount between two crust squares. Brush the tops with egg yolk and bake in hot oven until brown.

COCONUT PIE

1 grated coconut
1 can condensed milk
4 yolks
4 egg whites
2 tablespoons sugar
1 teaspoon vanilla
1 teaspoon butter

Add milk and slightly beaten yolks to the grated coconut. Allow to stand for some time. Add butter and vanilla. Pour into a buttered pie dish and bake until done. Top with merengue made from rest of the ingredients and bake until delicately brown.

MASAPODRIDA

⅔ cup grated and chopped coconut
¼ cup sugar
½ cup flour
⅛ teaspoon salt
1 egg yolk
¼ cup shortening

Sift flour and salt and add the coconut. Mix well and work in the shortening fine. Beat egg yolk. Add the egg mixture to the flour and knead. Roll out ¼ inch thick. Cut with a biscuit cutter. Brush each piece with egg yolk and sprinkle with sugar. Bake in a hot oven until brown.

COCONUT MACAROONS

6 egg whites
2 cups sugar
6 cups coconut (dried and chopped)
4 teaspoons vanilla

Add sugar to eggs. Beat until thick. Add coconut and vanilla. Drop from end of spoon and bake.

COCONUT FUDGE

½ cup coconut
2 tablespoons butter
2 chocolate squares
2½ cups sugar
⅔ cup milk
1 teaspoon vanilla

Boil together milk and chocolate in slow fire until the chocolate is dissolved. Add sugar and cook until mixture forms a soft ball in cold water. Remove from fire and add butter and vanilla. Beat until stiff. Then add coconut and turn into a buttered pan. Cool and cut to small squares.

COCONUT BREAD PUDDING

½ cup sugar
2 eggs slightly beaten
½ cup coconut (shredded)
¼ teaspoon salt
½ teaspoon vanilla
2 cups scalded milk
2 tablespoons Purico
1 cup stale bread

Combine sugar, salt, and eggs. Add milk gradually, then coconut, oleomargarine, and vanilla or nutmeg. Place bread in greased baking dish. Pour egg and milk mixture over it. Place in a pan of hot water and bake in 350° F. oven 45 or 50 minutes until done. Chill. Serve six.

ALUPI

2 cups rice flour
½ pound sugar
½ grated coconut
1 cup coconut milk

Mix all ingredients and wrap by tablespoonfuls in banana leaves. Cool in boiling water for two hours.

LECHE FLAN DE COCO

1 cup pure coconut milk
2 yolks
1 tablespoon caramelized sugar
2 tablespoons sugar

Beat yolks slightly. Add the coconut milk and the sugar. Caramelize the sugar in the baking pan. Then add the previous mixture and bake in a slow oven.

PININDUT

2½ cups coconut milk
¾ cup pure coconut milk
¼ cup water
1 cup rinagkit
1 cup sugar
1 cup coconut

Grate the coconut. Extract ¾ cup pure coconut milk. Then add 2 cups water to the grated coconut and extract thin coconut milk. To the rinagkit add ¼ cup water. Mix well and form into tiny balls one by one. Cook until the rinagkit balls are cooked. Before serving pour on top the pure coconut milk.

COCONUT COOKIES

¼ cup Purico
½ cup sugar
⅛ teaspoon salt
2 teaspoons baking powder
1 egg
1 teaspoon calamansi juice
1 cup fresh grated coconut
1½ cup flour

Cream shortening. Add sugar, beaten egg and calamansi juice. Sift flour, salt and baking powder together and add to the creamed mixture. Add coconut. The butter should be quite stiff. Drop by spoonfuls on a greased cookie sheet. Bake in moderate oven.

BIBINGKA

3 cups rice flour
5 eggs
½ yeast cake
2½ cups coconut milk
2 cups sugar
4 tablespoons coconut butter
Grated coconut

Dissolve the yeast cake in 1 teaspoon sugar, ½ cup rice flour, and ½ cup nut coconut milk. Set aside to rise until double its bulk. Mix in with the yeast mixture the rest of the rice flour and coconut milk. Cover and set aside over-night. In the morning add the beaten eggs and butter. Line bibingka molds with banana leaf, pour the mixture until ⅔ full and top with slices of Laguna cheese. Bake in the old fashion way. Serve with grated coconut.

KALAMAY

2 cups rinagkit
1 cup brown sugar
2⅓ cup thin coconut milk
2 cups water
1 teaspoon powdered anis
½ cup pure coconut milk
1 coconut

Grate the coconut. Extract 1 cup pure milk and set the milk aside. Pour 2 cups water over the grated coconut and remove all the milk and strain it. Put the rinagkit and the thin coconut milk in a sauce pan. Place over a slow fire and stir constantly until it is cooked. Pound anis seed. Put the sugar and anis seed in the pure milk and

add to the previous mixture. Stir and cook for three minutes. Remove from the fire and pour on a plate to cool. Put coconut grated on top and serve cold.

COCONUT CHOCOLATE CAKE

2 cups sugar
1 cup butter
2½ cups flour
1 teaspoon baking soda
2 teaspoons vanilla
1 cup shredded coconutmeat
½ teaspoon salt
5 eggs (beaten) and 2 egg yolks
1 cup milk
½ cup cocoa

Cream the butter and sugar. Add beaten eggs. Shift flour, cocoa, salt, and soda. Add alternately with the milk. Add coconuts. Bake at 350° F. for 30 or 40 minutes.

FEATHER COCONUT CAKE

1½ cups flour
4 teaspoons baking powder
2 eggs
1 teaspoon lemon extract
⅞ cup sugar
4 teaspoon melted shortening
½ cup milk
½ cup fresh grated coconut

Shift flour, sugar and baking powder. Add shortening and beaten egg to milk and add to dry ingredients. Mix well flavoring and coconut and bake in greased loaf pan in moderate oven at 375° F., about 45 minutes. Sprinkle with powdered sugar or ice with white icing, with grated coconut sprinkled on top.

COCONUT EGG PIE

2 cups milk
½ cup grated coconut
3 eggs
Pie crust
¼ teaspoon salt
1½ tablespoons cornstarch
¼ teaspoon vanilla extract
6 tablespoons sugar

Scald the milk and thicken with cornstarch blended with the milk. Pour this over the eggs and sugar beaten together and flavor with vanilla. Pour into a crust-lined plate and bake in a moderate oven.

DIXIE WHITE CAKE

3 cups flour
½ teaspoon salt
3 teaspoons baking powder
½ cup shortening
1½ cups sugar
1 cup water
4 egg whites, stiffly beaten
1 cup grated coconut
1 teaspoon lemon extract

Sift flour once, measure, adding B. P. and salt, and shift together. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add coconut, then flour and water alternately, a small amount at a time. Beat after each addition until smooth. Add extract and fold in whites. Bake in 3x3x4x8 pan in 350° F. oven for 1 hour and 15 minutes. Spread coconut frosting on cake.

COCONUT FROSTING AND FILLING

2 cups granulated sugar
2 egg whites
½ teaspoon baking powder
1 cup water
1 teaspoon flavoring
1 cup freshly grated coconut

Boil sugar and water without stirring until syrup spins a thread; pour slowly over stiffly beaten egg whites and beat until thick. Add flavoring and baking powder; allow to stand a few minutes before spreading. Fold in or sprinkle coconut on top of frosting while still soft.

CUSTARD PIE

4 eggs, slightly beaten
6 tablespoons sugar
Few gratings nutmeg
¼ teaspoon salt
3 cups pure coconut milk
Plain paste

Add sugar, salt, and milk to eggs. Line plate with paste and build up a fluted rim. Strain in the mixture and sprinkle with few gratings of nutmeg. Bake.

GULAMAN CHARLOTTE

1 cup gulaman boiled in 1 cup water
1 cup hot milk
1 cup sugar to taste
1 cup rich coconut milk
½ cup water

Caramelize the sugar. Add the water to make a caramel syrup. Scald the milk. Add the coconut milk, dissolved gulaman, and caramel syrup. Pour into wet mold and allow to set. Unmold in a serving dish and sprinkle shredded coconut around this charlotte.

COCONUT LAYER CAKE

½ cup shortening
⅔ cup milk
2 cups pastry flour
½ teaspoon salt
1 cup sugar
1 teaspoon almond or vanilla extract
3 teaspoons baking powder
3 egg whites

Cream shortening thoroughly; add sugar slowly beating well, and milk and the flavoring very slowly, beating constantly. Add flour, salt and baking powder, shifted together. Fold in the whites of eggs beaten until light. Bake in two greased layer cake pans in moderate oven at 375° F. for 15 minutes. Cool and spread coconut filling and frosting between layers and on top and sides of cake.

COCONUT SEVEN-MINUTE FROSTING

2 egg whites
1 teaspoon vanilla
¼ teaspoon cream of tartar
5 tablespoons cold water
1½ cup sugar
1½ cup coconut shredded

Put whites, sugar, water, and cream of tartar in upper boiler and beat with rotary beater until frosting stands in peaks. Add vanilla and ¾ cup coconut. Beat until thick enough to spread.

COCONUT CREAM FILLING

¼ cup flour
⅛ teaspoon salt
2 egg yolks, well beaten
¼ cup sugar
1 cup scalded milk
1 teaspoon vanilla
¼ cup coconut

Add milk gradually to mixed dry ingredients and place in double boiler; cook until thick, stirring constantly. Pour small amount of mixture over yolk and return to double boiler, and cook 10 minutes longer. Add vanilla and coconut. Cool and spread between layers of cake.

COCONUT TOASTED CAKE

*½ cups sugar
3 eggs
3 cups cake flour
¾ cup butter
1 cup water
3 teaspoons baking powder
2 teaspoon almond extract

Shift and measure flour, add B. P. and shift three or four times. Cream shortening. Add sugar and cream until fluffy. Add unbeaten eggs, one at a time, beating hard after each addition. Add water and dry ingredients alternately. Add flavoring. Bake in 3 layers in moderate hot (375° F.) oven for 35 minutes. Put layers together with white cooked and uncooked icing and cover with toasted coconut.

COCONUT ICE BOX COOKIES

⅔ cups leomargarine or Purico
1½ cups sugar
3 eggs
1 teaspoon vanilla
1 teaspoon lemon extract
¼ teaspoon salt
1 coconut, grated
4 cups flour
1 teaspoon cream of tartar
1 tablespoon cream

Cream leomargarine and sugar and then add eggs. Add rest of ingredients, and pack into greased loaf-pan. Chill 24 hours longer. Unmold, using very sharp knife, and cut off thin slices.

COCONUT JAM

1 coconut grated fine
½ kilo sugar
1 cup water

Boil the sugar and water until the sugar is dissolved. Add the coconut and stir until it can form into balls.

COCONUT CREAM CRACKER

½ cup grated coconut
1 cup flour
2 tablespoons butter
1 tablespoon baking powder
A pinch of salt

Sift flour, salt and baking powder. Add coconut and mix well. Work in the butter until mixtures appear grainy. Add cold water little by little until it makes a soft dough. Roll out thinly on floured board and cut with cookie cutter. Prick with fork and bake until brown. Serve with coconut cream and sugar.

COCONUT BAVARIA CREAM

1 package lemon Jell-O
1 cup boiling water
1 cup cream whipped
1½ coconut, grated

Dissolve Jell-O in boiling water, when cool and slightly thickened, whip with rotary egg beater until consistency of whipped cream. Fold in cream and coconut. Pour into mold. Chill until firm. Unmold. Serve with sauce.

CHOCOLATE SAUCE FOR BAVARIA CREAM

4 tablespoon sugar
1 sq. chocolate (unsweetened)
1 tablespoon butter
Salt
1 tablespoon flour
1 teaspoon vanilla
1 cup boiling water

Mix sugar, flour, and salt in upper part of double boiler. Add boiling water gradually, stirring constantly. Cook 3 to 4 minutes or until slightly thickened. Add chocolate and butter and stir until chocolate is melted and mixture is blended. Cool, add vanilla.

COCONUT CREAM TAPIOCA

3 quarts scalded milk
3 tablespoons quick cooking tapioca
1 cup sugar
3 egg yolks, slightly beaten
¼ teaspoon salt
3 egg whites, beaten stiff
¾ cup shredded coconut

Add salt and tapioca to scalded milk and cook until clear, stirring constantly. Mix ¾ cup sugar, ¼ cup coconut and egg yolks, combine with tapioca mixture, stirring vigorously. Cook until slightly thickened. Pour into a buttered baking dish. Fold remaining sugar into egg whites and pile lightly on top of tapioca mixture. Cover with remaining coconut. Bake in slow oven 300° F. until golden brown.

COCONUT DIVINITY FUDGE

4 cups chopped coconut
3 cups sugar
1¼ cups water
1 cup karo syrup
1 teaspoon lemon juice
1 teaspoon lemon rind
3 eggs

Make a syrup of water, sugar, karo and lemon juice until it spins a thread. Beat the egg whites until stiff and pour in little ½ of syrup. Beat well and return the rest of syrup on the range. Beat syrup and egg white well then add the rest of syrup. Mix the grated coconut, rind of lemon and cook over a slow flame. When quite thick add egg yolks and butter. When thick spread on a greased pan and pat well. Cut into squares and wrap with oil paper.

COCONUT AND BANANA ICE CREAM

¾ cup sugar
6 bananas
2 cups coconut milk

Mash the bananas and add sugar to them. Stir into the milk and put to freeze. Use 1 part coarse salt to 3 parts crushed ice. This ice cream may also be made without bananas. Makes 2 quarts.

COCONUT MARSHMALLOW LAYER CAKE

½ cup shortening
3 eggs
1 teaspoon vanilla extract
2 cups pastry flour
1 cup sugar
1 teaspoon lemon juice
¾ cup milk
3 teaspoons baking powder
¼ teaspoon salt

Cream shortening; add sugar, yolks of eggs and flavoring; mix well. Sift flour and baking powder and salt; add alternately with milk to first mixture. Add whites of eggs beaten stiff. Bake in three greased and floured layer cake tins in moderate oven at 400° F. for 15 to 20 minutes, Put together with the filling and frosting.

COCONUT MARSHMALLOW FILLING AND FROSTING

1½ cups sugar
6 large marshmallows
2 teaspoons lemon juice
1 cup water
2 egg whites
1 cup freshly grated coconut

Boil sugar and water until syrup spins a thread. Add marshmallows cut into small pieces, but do not stir into the syrup. Pour very slowly into stiffly beaten whites and beat until smooth. Add lemon juice. Spread between layers. Cover sides and tops of cake with frosting, sprinkling thickly with coconut. Decorate with marshmallows.

COCONUT MOUSSE

1 egg white
½ cup sugar
¼ teaspoon vanilla
1 cup heavy cream (cold)
A dash of salt
1 cup shredded young coconut

Place egg white and chilled cream in small bowl and beat with rotary egg beater until stiff. Add sugar gradually beating well. Add salt, flavoring and coconut. Place in freezing tray of automatic refrigerator and let stand 3 to 4 hours until firm.

COCONUT PUDDING

1 cup milk
¼ teaspoon salt
3 tablespoons cornstarch
¼ cup sugar
1 egg yolk
1 egg white
½ teaspoon lemon extract
½ teaspoon vanilla
3 tablespoons coconut

Mix cornstarch and salt. Add the milk slowly, stirring all the time. Add the sugar. Cook in a double boiler, stirring occasionally. When thick, add the egg yolk, vanilla and lemon extract and coconut. Beat for 1 minute and cook again for 3 minutes. Place in a buttered baking dish. Beat the egg whites and when stiff add the 2 tablespoons sugar. Pile lightly on top of the pudding and place in moderate oven for 10 minutes to brown merengue.

COCONUT RICE PUDDING

3 tablespoons rice or pinipig
½ teaspoon salt
½ teaspoon nutmeg
4 cups milk
½ cup sugar
¾ cup grated coconut

Scald the milk; add rice, coconut, sugar, salt and nutmeg. Cook in a double boiler for at least an hour and a half, stirring occasionally. Transfer to a buttered baking dish and cook uncovered in a slow oven.

COCONUT PIE

2 eggs
1 teaspoon salt
1 teaspoon vanilla extract
¾ cup sugar
2 cups milk
1 cup grated fresh coconut

Plain pastry

Beat eggs; add sugar, salt and scalded milk slowly. Line pie plate with plain pastry; pour in coconut. Bake in moderate oven of 325° F. 25 to 30 minutes. The coconut is baked when the knife put in center comes out dry.

COCONUT CREAM PIE

1⅓ cups whipped cream
2 eggs whites
2 eggs yolks
1 teaspoon vanilla
1 teaspoon gelatine
¼ teaspoon salt
¼ cup coconut milk
1 cup moist coconut

Beat yolk very lightly, and add sugar, salt, vanilla to yolks. Soak gelatine in ¼ cup coconut milk about 5 minutes, then dissolve over hot water, add to egg yolk mixture. Fold whipped cream, beaten egg whites and coconut into egg yolk mixture and turn to a baked pie crust or graham cracker shell and put in refrigerator to congeal.

COCONUT-PINEAPPLE SALAD

1½ cupfuls of young coconut meat
3 slices of pineapple
3 tablespoons orange juice
3 tablespoons grated cheese
3 tablespoons of milk
Lettuce

On crisp lettuce place a slice of pineapple. Place ½ cup of coconut over the pineapple slice leaving a circular space in the middle. Soften the cheese with milk. Put ⅓ of the cheese-milk mixture on the middle space. Sprinkle a tablespoon of orange juice on top. Place a slice of pineapple on top of this and repeat the operation until all the ingredients have been used. Serve with whipped cream.

COCONUT ANGELFOOD

1 cup egg whites
1 teaspoon cream of tartar
1½ cup sugar
1 can dessicated coconut
1 cup cake flour
¼ teaspoon vanilla
¼ teaspoon almond flavor

Beat the whites until frothy. Add cream of tartar and beat until stiff, but not dry. Sift sugar flour, and salt together five times. Fold gradually into the egg whites. Add flavoring and coconut (browned in shallow pan in the oven). Rinse the tube pan with cold water and pour butter. Place in a slow oven 200° F. and bake for 30 minutes. Then increase to 225 degrees and bake about 30 minutes. Invert pan, allow to stand until cold.

COCONUT AND EGG JAM

5 eggs
1 teaspoon vanilla
¼ cup sugar
½ cup pure coconut milk

Beat eggs with sugar until thick and lemon colored. Mix cold milk and beat five minutes more. Add the flavoring and steam until firm.

PAN DE COCO

½ cup coconut shredded
2 eggs
½ cup sugar
½ cup lard or leomargarine
3 cups flour
1 tablespoon baking powder
A pinch of salt

Mix flour, baking powder, lard, egg and salt very well. Make the mixture fine. Shape it round, cake like and make a hole at its center. Mix the shredded coconut with sugar and put on top of the cake. Cook in a moderately heated oven.

PUTO

1 liter rice
3 cups water
¾ cup coconut milk
6 teaspoons baking powder
1½ cups sugar
Shredded coconut

Wash the rice; soak it in water for a short time then grind it. Add the coconut milk to the ground rice. Fill small cups nearly full of the mixture; cook in a steamer over boiling water. When well done, set the cups in cold water for a few minutes, after which the puto can be easily removed from the cups. Serve with shredded coconut.

PUTO DE UBE

4 cups new white rice
1½ cooked mashed ubi
¼ cup coconut milk
4 tablespoons baking powder
2 cups sugar

Grind the rice which has been soaked in water for 3 hours until fine. Knead the rice and add sugar, then the ubi. Strain it; add the coconut milk. Line the mold with a little coconut milk and pour the mixture to which the baking powder has been added. Cook in a Chinese steamer.

ROYAL BIBINGKA

2 cups flour
1⅓ cups coconut milk
1 cup sugar
4 eggs
2 teaspoons baking powder
2 tablespoons cheese

Beat egg yolk and white separately. Mix sugar, cheese, ½ cup milk, sifted flour and baking powder until smooth. Add the rest of the coconut milk; add yolk and mix thoroughly. Fold in the stiffly beaten whites. Pour in molds or pan lined with banana leaves and bake in hot oven.

SUMAN

5 cups coconut milk
2½ cups malagkit rice
1½ cups scrapped panocha
1½ t:aspoons anis

Cook rice, coconut milk, sugar, and anis until the rice absorbs the milk, remove from the fire. Divide banana leaves in sections about 20 centimeters wide. Put heaping tablespoons of the cooked mixture in each piece of leaf. Lay the rolls together by two, with the folded edges of the leaves inside. Put rolls in a kettle, cover with water. Cook until rice is done.

SQUASH JAM

1 big squash
3 cups coconut milk
1 kilo sugar

Peel the squash. Remove the seeds and cook with water. Mash the squash and mix with the coconut milk and sugar and then cook the mixture until it thickens.

TORTA DE COCO

½ cup coconut milk
1 cup sugar
⅓ cup hot water
2 eggs
1 teaspoon vanilla
½ cup butter or lard
1⅓ cups flour
2 tablespoons cornstarch
½ teaspoon salt
2 teaspoon baking powder

Grease with lard or butter 2 plates and sprinkle with flour. Cream the butter and add the sugar and then the egg yolks. Shift on cup of flour with cornstarch and salt. Add little by little to the creamed butter alternately with the coconut milk. Then add the vanilla and the rest of the flour mixed with baking powder. Mix well. Fold in egg whites beaten until stiff. Pour into prepared moulds and bake in a moderate oven until golden brown. Cool and fill with coconut filling and pour on top merengue.

ICING FOR TORTA DE COCO

1 egg white beaten until stiff
⅓ cup hot water
1 cup sugar
½ teaspoon vanilla
1½ cup grated coconut

Put the sugar in the water and boil until a soft thread is formed. Put little by little about 5 tablespoons of this syrup in the beaten whites, beating well. Beat for 5 minutes. Add vanilla and pour over cake with grated coconut.

FRUIT CAKE

1 cup of water
1 cup candied orange or lime peel cut into cubes
1 cup of candid condol cut into cubes
1 cup raisins
1 cup bukayo or shredded young coconut
1 cup of pili nuts
⅓ cup cherry brandy

Mix together and leave the mixture overnight in the icebox.

2nd mixture:

1½ cup butter
1 cup sugar
3 cups flour
2 tablespoons baking powder
3 teaspoons salt
6 eggs

Cream the butter, add the sugar. Beat the eggs and add to the creamed butter and sugar. Add the flour, lastly, the fruits. Grease loaf pans dredged thinly with flour. Bake from 1 to 1¼ hours in a moderate oven.

GUINATAAN

2 tablespoons tapioca
1 cup diced sweet potatoes
3 sliced saba bananas
1½ cups sugar
1¾ cups ube or gabi
1 cup pure coconut milk
1 cup ripe jackfruit (nanka)
2 coconuts reduced to 4 cups diluted coconut milk

Prepare 1 cup of pure coconut milk and set aside. Prepare the diluted coconut milk. Shred the soft part of the nanka. Put the diluted coconut milk in the pot with the ubi or gabi. Boil 5 minutes, add the camote and bananas and the nanka when these are cooked. Stir in the sugar and pure coconut milk and serve.

KALAMAY

2 cups rice flour (malagkit)
1 cup brown sugar
2½ cups thin coconut milk
½ teaspoon powdered anis
½ cup pure coconut milk
2 cups water

Grate the coconut; extract ½ cup of pure milk; set the milk aside. Pour two cups of water over the grated coconut and squeeze out all the milk and strain it; put the rice flour and diluted milk in a carajay and place over a slow fire and stir occasionally until it is cooked. While the flour and the milk are being cooked, pound and sift the anis seed. Put the sugar and the anis in the pure milk. After the rice flour has cooked 25 minutes, add the sweetened pure coconut milk; cook and stir for 3 minutes. Remove from the fire and pour out in the plate to cool.

BUKO DESSERT

3 cups buko, cut in squares
1 cup ubi, cut in cubes
1 cup gabi, cut in cubes
1 cup saba, cut in cubes
1 cup nanka, cut in squares
½ cup tapioca pearls
½ teaspoon toasted anis seeds
2 cups thick coconut milk
10 cups thin coconut milk
3 cups sugar

Boil tapioca, ubi, and gabi in thin coconut milk, stirring constantly. When half done, add saba and nanka. When all ingredients are tender, add sugar and buko. Boil 2 minutes and add anis before removing from fire. Serve with thick coconut milk.

BUKO ICE

3 cups buko, (very soft) scraped with a teaspoon
9 cups coconut water
3¼ cups sugar

Mix all ingredients and freeze.

BUKO SHERBET

3 cups buko
4 cups coconut water
3½ cups evaporated milk
2¾ cups sugar

Mix all ingredients and freeze.

COCONUT CALAMANSI

5 cups coconut, grated and chopped finely
2 cups ripe papaya, mashed
4 cups sugar
7 teaspoons calamansi juice
1 cup grated peel of ripe calamansi

Cook all ingredients in a copper vat, stirring while cooking until thick enough to form into soft balls. Add green food coloring to obtain the natural color of a green calamansi fruit. Continue cooking to soft ball stage. Place on a greased board and shape to resemble calamansi fruit. Stick a piece of toothpick dyed green, on stem end.

COCONUT TOMATO

3 cups grated coconut, chopped finely
1 cup tomato pulp
2 cups sugar
4 tablespoons glucose
4 teaspoons calamansi juice
Red food coloring
Green food coloring

Cook coconut, tomato, sugar, and glucose in a copper vat, stirring constantly until half done. Add calamansi juice and stir well. Separate 1 cup of coconut mixture, and color green. Color the remainder with red. Continue cooking both separately until done. Shape the red mixture to forms resembling tomato. Shape the green mixture to forms resembling sepals and attach to stem end of each tomato shaped coconut with a piece of toothpick dyed green.

RAINBOW BUKAYO

6 cups grated coconut
3 cups ripe papaya, mashed
3 cups sugar
8 tablespoons calamansi juice
8 tablespoons glucose
2 teaspoon vanilla
Food coloring: red, green, and light orange

Cook coconut, sugar, papaya, and glocuse in a copper vat until half done. Add calamansi juice, and cook until mixture is done.

Divide the mixture into 3 equal parts, coloring each part with a different food coloring. Continue cooking each mixture to a soft ball stage. Add vanilla just before removing from fire. Place on a greased board and roll to about ½ inch thick. Place each colored mixture on top of each other. Press with a rolling pin and smoothen the surface. Set aside to cool. Cut into bars, roll in sugar, and wrap in wax paper.

IMPROVED BUKAYO

3 cups grated coconut, chopped finely
1½ tablespoons glucose
6 tablespoons glucose
8 tablespoons calamansi, chopped finely

Mix coconut, sugar, and glucose. Cook in a copper vat, stirring constantly to avoid burning. When half done, add calamansi and continue cooking until it reaches a temperature of 95° C.; or when it no longer sticks to the finger when touched. Place on a greased board. Form to a mass 12 cm. long, and 4 cm. thick. Set aside to cool. Cut with a very sharp knife crosswise to produce bars of about 12 cm. long, 4 cm. wide, and 1½ cm. thick.

Wrap each bar in a piece of wax paper and keep in well covered boxes.

HOLIDAY COCONUT BALLS

4 cups coconut, chopped finely
2 cups sugar
8 tablespoons glucose
8 tablespoons calamansi, chopped finely
(Chopped nangka, pineapple, and lime peel may be substituted for calamansi.)

Cook coconut, sugar, and glucose in a copper vat, stirring constantly while cooking. When half done; add calamansi or its substitute, and continue cooking until it reaches a temperature of 90° C. Cool and form to small balls. Wrap in wax paper.

COCONUT BRITTLE

1 cup grated coconut, toasted
1 cup sugar

Melt sugar in a copper vat over a moderate fire. Stir constantly. Add coconut and mix. Pour on a greased board and roll to a thin sheet. Cut to desired pieces. Wrap in wax paper.

COCONUT HONEY

1 cup pure coconut milk
⅔ cup brown sugar
1 cup glucose

Mix coconut milk, sugar and glucose. Cook in a copper vat (tacho) over a slow fire. Stir constantly while cooking and cook until it reaches a temperature of 105° C., or when it falls in a mass when dropped from a spoon. Fill in sterilized jar or can while boiling hot and seal hermetically.

MATAMIS NA BAO

3 cups pure coconut milk
2 cups scrapped panocha or brown sugar

Dissolve panocha into the milk and boil. Strain and boil again till thick.

MAJA BLANCA

½ rina roz
¾ cup malagkit flour
½ cup coconut milk
Anis
⅓ cup milk
1⅓ cups white sugar
Latic or roasted coconut meat

Strain or sift flour and malagkit. Add coconut milk and stir. Add sugar and cook until it thickens. Before removing from fire add milk and anis, pour on platter and allow to cool until it sets. When cooked, sprinkle grated coconut (toasted) meat and latic on top.

MASAPAN DE COCO CON PIÑA

1 cup grated young coconut
¼ cup finely chopped pineapple
2 egg yolks
¾ cup sugar
1 teaspoon flour

Mix the coconut, sugar, pineapple and milk. Boil stirring constantly. When thick add one teaspoon of flour and the yolks. Continue stirring until thick enough to mold. Grease the pan and shape mixture into balls. Bake until brown.

UBOD PUNCH

1 small coconut heart (the tenderest part)
1 can leeches (lechias)
Ice water
2 young coconuts
3 large oranges
1 large can pineapple
Sugar to taste

Chop the coconut heart fine. Add to the scraped buko, sliced oranges, leeches, and canned pineapple. Add the juice of all these and sugar to taste. Dilute with ice water.

BUKO AND UBOD PUNCH

2 cups buko
2 cups chopped ubod (tender part only)
1 cup sliced fruit salad
Calamansi juice
16 cups water
1 small bottle Royal Strawberry
Sugar to taste
Chopped ice

Scrape the young buko with a teaspoon to the size of a centavo. Chop the ubod fine and wash. Strain well. Mix all ingredients together. Season with calamansi juice and sugar to taste. Pour into the punch bowl and cool with chopped ice.

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